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SURE, HE'S PRETTY — BUT CAN HE SPANK?

SKARSGARD? PATTINSON? GOSLING? TWITTER ALL ATWITTER OVER WHO SHOULD BE CAST IN 50 SHADES, THE MOVIE PAGE 10

Warehouse raided following riot

More than 1,000 migrant workers in Russia rounded up after warehouse becomes target of a mob angry over man's death PAGE 6

Nasty, brutish and smelly

Yes, life on the set of Captain Phillips was hard, but Tom Hanks says it made it easier for the actors to do their jobs PAGE 11

Boy born in jail dies weeks after first birthday

Investigation. Cornwall police say such cases are automatically looked into; autopsy scheduled

SEAN MCKIBBON
sean.mckibbon@metronews.ca

Cornwall police are investigating the sudden death of a one-year-old boy who was born on the floor of an Ottawa jail cell in September 2012.

In a statement on their website, police said they responded to a Cornwall home shortly after 5 a.m. Sunday for a 13-month-old child without vital signs. The boy was later pronounced dead in hospital.

On Sunday morning the boy's mother, Julie Bilotta — who was forced to give birth to her son inside a jail cell after guards allegedly ignored her pleas for help — wrote on her Facebook page:

"How could this happen to us life will never be the same! We love you Gionni mommy will be with you soon <\3."

Bilotta goes by Julie Dakota Garlow on Facebook. She was in jail last year facing drug trafficking and fraud charges. She later pleaded guilty to some of the charges.

Bilotta's lawyer, Lawrence Greenspon, told Metro the boy had suffered respiratory problems "on and off," since birth. On Sept. 27 Bilotta wrote on her Facebook page that Gionni was sick and she hoped he would be healthy for his party. Two days later, on her son's birthday, she wrote about the experience of giving birth in jail.

"One year ago today I went threw one of the most terrifying experiences in my whole life. Threw that I learned how cruel life can be but god doesn't give you anything you can't handle. Me and my son are survivors and I never would of made it threw any of it without Gionni. He is the strongest boy I have ever met and I thank god every day for giving me such an amazing child and amazing family! Thank you all for sharing this very special day with us it means more then you'll ever know happy (first) birthday Gionni Lee Garlow."

Heartbreaking photos of Gionni eating birthday cake, which Bilotta posted to Facebook, seem to indicate he was healthy enough for a party. But on Oct. 6 Bilotta wrote that her son had been sick all night and was having breathing trouble, so she took him to hospital.

WITH FILES FROM JOE LOFARO/METRO

Julie Bilotta, who gave birth in an Ottawa jail cell Sept. 29, 2012, is seen in this file photo holding her son at the Elizabeth Fry Society after being granted bail in Cornwall. Bilotta's son died on Sunday after apparently suffering respiratory problems. JOE LOFARO/METRO FILE

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NEWS

Possible links

Cops investigating sexual assaults

Ottawa police are looking into the possibility of links between a string of unsolved sexual assaults across the city.

On Oct. 7 near Heron Road Transitway, police say a "light-skinned" man dragged a 25-year-old woman into nearby bushes and sexually assaulted her.

A sketch of the suspect COURTESY OF OTTAWA POLICE

There are two other unsolved incidents that occurred on Aug. 5 and June 26, which prompted police to release a composite sketch of a suspect.

The suspect in both incidents is described as having a light brown complexion, a medium build, as measuring between five-foot-nine to five-foot-eleven, and as speaking English with no accent. Anyone with information should call police at 613-236-1222 extension 5944. JOE LOFARO/METRO

Pixels for Pistols

Correction

A brief in the last issue of Metro was unclear about the Ottawa police's Pixels for Pistols gun amnesty program. To be clear — police will pick up the firearms after being contacted. Participants cannot bring guns to the police station. Civilians who want to exchange a firearm for a free camera are to call police at 613-236-1222, ext. 7300 or by emailing pixelsforpistols@ottawapolice.ca. METRO

Aicha, Joan and Caio, three international students who shared Thanksgiving dinner with Antonella Couse and her family thanks to a new cultural exchange program, pose for a photo Sunday night. COURTESY OF ANTONELLA COUSE

Breaking barriers by breaking bread

Share Thanksgiving. 600 families host newcomers nationwide in Vancouver, Victoria, Calgary, Halifax, Ottawa

MOLLY AMOLI K. SHINHAT
ottawa@metronews.ca

Some 85 Ottawans threw open their homes to newcomers this Thanksgiving by signing up for the city's inaugural year of Share Thanksgiving.

Founded in Toronto last year, the group brings newcomers and Canadians together to connect over food and conversation.

Antonella Couse, a 51-year-old receptionist at First Air, signed up. Told about the program by her nephew, she invited to dinner Aicha, Joan and Caio, three international students in their twenties from Italy, Brazil and France.

"I got a call after 5 p.m.," Couse said. The dinner was set for 5 p.m. "It was one of the girls saying, 'Don't kill me!'" She had baked a cake to bring for Couse, but it was burnt. She put another in the oven and was calling to say they would be late. Couse said it was no problem and sent her youngest son to pick them up.

Knowing most Canadians are from somewhere else originally, Share Thanksgiving is based on the "deceptively simple idea" that food and conversation can connect people, Madeleine Bluteau, co-city leader, said. Bluteau is an administrative assistant at the Sandy Hill Community Health Centre. Parker Mitchell, who travelled to about a dozen countries where he stayed with families, founded Share Thanksgiving, Bluteau said. Formerly of Engineers Without Borders, Mitchell remembered the warm welcome he received on his travels.

In its first year in Toronto last year, about 100 dinners took place. This year 600 families hosted newcomers nationwide in Vancouver, Victoria, Calgary, Halifax, and Ottawa.

"Yes definitely," Couse said, when asked if she would do it next year. "If I was in a new country, I'd want to be welcomed into someone's home.... They're around the same age as my kids, and it was fascinating to hear about their family's customs, what they're going through."

Sleep-deprived workers get a chance to nap downtown

Promo stunt. If you're feeling tired you aren't alone, survey says

Need a nap after lunch? Until Oct. 18, downtown employees can grab one at the Sleep Pod Hotel on Sparks Street.

Adults in their professional prime — aged 35-64 — typically average "less than six hours' sleep a night," according to a new National Sleep Survey sponsored by GlaxoSmithKline. And 92 per cent of women were likely to have a "poor night's sleep," compared to 88 per cent of men.

"It's the hamster in your head," said Sophie Lamarche, an executive coach who consults with Franklin Covey. It's no surprise, she added, that women are most likely to be short on shut eye: Although it's changing, women continue to have the lion's share of domestic responsibilities.

"People always overlook sleep when they think about health," Lamarche said. "They focus on food and exercise."

The telephone survey included 1,002 adults, 18 years and older, almost exactly 50-50 male and female.

The severely sleep deprived become less efficient, less productive, miss promotions, and may even end up losing their jobs, Lamarche said.

Equipped with a comfy mattress and pillow, the pods, being set up as a part of a promotional stunt to market Breathe Right Strips, offer respite between 11 a.m. and 2 p.m.

"It's a way to sensitize people to the impact of lack of sleep," Lamarche said.

MOLLY AMOLI K. SHINHAT/METRO

More sleep survey results

- Men (60%) and women (61%) were equally likely to be less productive at work.
- Men (26%) are more likely than women (18%) to be late for work/school.
- Men (13%) are more likely than women (8%) to miss work/school.
- Women (56%) are more likely than men (48%) to feel unmotivated.
- Women (40%) are more likely than men (35%) to be unable to concentrate.

A "pod hotel," with sleeping pods like these, set up outside Montreal's St. James United Church on Saint Catherine Street will be on Sparks Street this week for power nappers as part of a promotional stunt for Breathe Right Strips, which is promoting a survey about the importance of getting a good night's sleep. CONTRIBUTED

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Ottawa Mission feeds more young families

The Ottawa Mission's chef Chef Ric Watson poses with kitchen volunteer Svjetlana Gavric on Monday during a Thanksgiving dinner service put on for low-income Ottawans. MOLLY AMOLI K. SHINHAT/FOR METRO

The Ottawa Mission stepped up to the plate again this Thanksgiving to serve hot meals to people in need. While the number of diners has increased over recent years, Chef Ric Watson says, young families are the largest growing demographic.

"They can't afford to put a turkey dinner on their table," Chef Watson said, adding many families "can't make it from paycheque to paycheque," and "are not people we would normally see."

Holiday meals traditionally involve preparing dishes that cost more to make, like a festive roast with seasonal trimmings such as stuffing and sauces, and special deserts such as pies and puddings, said Watson.

While its shelter is exclusively for men, The Mission's meals are open to everyone, every day. On an average day, staff serve meals to some 1,200 people, said Watson, who has worked at The Mission for 12 years. When he started, that number was about 400.

In 2011, 2,688 meals were served up on Thanksgiving. That number jumped to 2,748 last year.

"We make sure it's a well-balanced diet for everyone who eats here," Watson said, noting they have menus for people with celiac disease, vegetarians, dietary restrictions based on religion, and closely follow Canada's Food Guide. "People leave with a full stomach — they're not eating anything that they can't eat or don't really want.

"You'll see a lot of young kids come in with their mother and father. It's saddening, but it's nice to be able to provide them with a healthy meal," Watson said, adding that many also use The Mission's grocery bag program.

MOLLY AMOLI K. SHINHAT/FOR METRO

B.C. man thankful for charity drive to get him a new trailer

'A light at the end of the tunnel.' Stephen Chalmers overwhelmed with gratitude, but stresses others at the park need help too

KATE WEBB
Metro in Vancouver

Stephen Chalmers sits inside his trailer at the Beladean Motel and Trailer Park on Oct. 10. Chalmers and his sister Marilyn Chase are overwhelmed with gratitude over the response to a Metro-assisted campaign to raise $5,000 to buy Chalmers a new trailer. JENNIFER GAUTHIER/METRO

It was a Thanksgiving Stephen Chalmers will never forget — neither the good nor the bad.

Chalmers suffers from multiple mental illnesses and fell into a deep depression after the power was accidentally cut a month ago to his home in the Beladean Motel and Trailer Park in Surrey, B.C.

He had accepted a buyout from the landlord to leave the property but discovered afterward that he couldn't because his leaky 1989 trailer is too old and broken down to be accepted at most other trailer parks.

His sister, Marilyn Chase, doesn't have a computer or use the Internet, but with Metro's assistance started a $5,000 fundraising campaign to buy her brother a used but newer trailer. By press time Monday, the campaign had raised $4,660.

"As far as I can understand it seems to be pretty successful, which is really amazing to me, all these people who don't know us from Adam are pitching in. It's wonderful," she said.

"It means that I can sleep at night, because I know that my brother's not going to be stuck there forever and ever."

The search is now on for a trailer dealer or seller who on a used trailer for Chalmers — one that doesn't leak and has functioning propane and water hookups.

Chalmers said because of the campaign he sees "a light at the end of the tunnel" that wasn't there before, but wanted to stress that there are still eight other tenants at the park who are just as scared about their future as he is.

"I'd like to thank everybody that's helping me, but I really need everybody to help them, too," he said, through tears.

How to make a donation

To donate to the campaign, visit metronews.ca/newtrailer

Digital memories of hajj

A Muslim pilgrim poses for a picture on the Mountain of Mercy, near the holy city of Mecca, Saudi Arabia, on Monday. Around sunset, the pilgrims on hajj leave Mount Arafat and head eight kilometres to Muzdalifa, a desert plain where they collect pebbles. Those pebbles will be used in a symbolic stoning of the devil that begins Tuesday, marking the start of the three-day Eid al-Adha feast, celebrated by Muslims around the world. AMR NABIL/THE ASSOCIATED PRESS

New research

Chemical linked to possible risk of miscarriages

New research suggests high levels of BPA, a chemical in many plastics and canned-food linings, might raise the risk of miscarriage in women. The work is not enough to prove a link, but it adds to "the biological plausibility" that BPA might affect fertility and other aspects of health, said Dr. Linda Giudice.

THE ASSOCIATED PRESS

Asia

Canada to give Laos $1M to help with cluster bombs

Canada is planning to answer a plea by the South Asian country of Laos and restart funding to help it cope with its infestation of deadly cluster bombs, The Canadian Press has learned.

Foreign Affairs Minister John Baird is to announce a $1-million contribution during a trip to Laos Tuesday.

THE CANADIAN PRESS

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United Kingdom

Another 'Kenya mall' terror attack averted, cops say

British law-enforcement agencies averted a plot to orchestrate a large-scale terror attack similar to the assault on Kenya's Westgate mall, an official said Monday.

Police were questioning four men in their 20s on suspicion of terrorism after they were detained Sunday in pre-planned, intelligence-led raids.

The official said it was not clear how advanced the planning was but that any attack was not imminent.

Dramatic CCTV footage has emerged of one of the arrests, in which counter-terror police are seen tackling a suspect on the street in an upscale west London neighbourhood.

Elsewhere, police fired special ammunition — aimed at breaching doors or bursting tires — to stop a car near the Tower of London, and arrested two men. THE ASSOCIATED PRESS

Kano, Nigeria. Men told to cover up those calves or face the consequences

Cutoff pants displaying your bulging calves? Sleeveless T-shirts showing off a well-muscled physique?

Forget it in Nigeria's northern Kano state, where Islamic police are deploying thousands of officers to arrest anyone sporting the "indecent dress" that's fashionable among young men driving motorized rickshaw taxis.

Police also have orders to arrest any cabbie carrying men and women together in the confined space.

Officers have orders to stop and search to make sure everyone obeys — including Christians, according to Yusuf Yola, spokesman for the board that is responsible for ensuring compliance with Shariah laws in Kano.

Nine of Nigeria's 37 states have introduced Shariah law since 2000. THE ASSOCIATED PRESS

A man wears a sleeveless shirt and cutoff pants as he drives a rickshaw in Lagos, Nigeria. SUNDAY ALAMBA/THE ASSOCIATED PRESS

People detained by police line up for identity checks at a vegetable warehouse on the outskirts of Moscow on Monday. DENIS TYRIN/THE ASSOCIATED PRESS

Workers hit by race riot, then cop raid

Russia. Warehouse had been the target of people seeking justice for stabbing death

Russian police on Monday swept through a vegetable warehouse, rounding up over 1,000 migrant workers, checking their documents and loading them onto vans to be investigated for criminal activity.

The raid came the day after demonstrators, angry over the stabbing death of an ethnic Russian man, descended on the warehouse where they believed the killer was working, throwing bottles and trash, smashing windows and turning over cars. Police detained hundreds of rioters.

Men who worked at the warehouse in Biryulyovo were marched outside. Dozens of people gathered at the market nearby to pledge their support to the rioters, venting their anger at the migrants from the predominantly Muslim Caucasus region, whom many Russians accuse of pushing up the crime rate and taking badly needed jobs.

Andrei Galiakberov, spokesman for the Moscow police, described the roundup as part of a "pre-emptive raid" and said that some detainees are being investigated for possible criminal connections.

Police also said that they found a car full of cash and unlicensed arms.

Elvin Khassan, who moved from Azerbaijan to Biryulovo, faced off with an ethnic Russian man who was waving photos of the suspected killer in his face, shouting, "You are hiding one of your own! Hand him over!"

Most of those in the crowd said they supported the rioters, who they said could be relied on more than the police to protect the neighbourhood.

"They protected us; they are patriots," said Elvira Abdulosimova, a retiree. "They had a little riot … and attracted attention (to the issue)." THE ASSOCIATED PRESS

Ethnic tension

Standoffs are becoming more common between ethnic Russians and natives of the Caucasus.

- Even though Caucasus natives are from the same country, they are required to register in order to live in Moscow and face regular discrimination.

Ex-Nazi officer Erich Priebke PLINIO LEPRI/THE ASSOCIATED PRESS FILE

No resting place for the wicked

What to do with the body of a Nazi war criminal no one wants?

Rome's mayor, police chief and the pope's right-hand man have all refused to grant former SS captain Erich Priebke a church funeral in the city where he participated in one of the worst massacres in Italy. Now there's the added question of where to bury him, since Rome, his adopted homeland of Argentina and his hometown in Germany won't take him.

Priebke spent nearly 50 years as a fugitive before being extradited to Italy from Argentina in 1995 to stand trial for the 1944 massacre at the Ardeatine Caves outside Rome, in which 335 civilians were killed.

He died Friday at age 100 in the Rome home of his lawyer, where he had been serving his life term under house arrest.

His death has tested the church's capacity for mercy and forgiveness and its need to prevent public scandal. There is a seemingly intractable conflict between respect for the dead and that owed to the victims of the Holocaust. THE ASSOCIATED PRESS

Obama calls meeting to break deadlock

U.S. President Barack Obama helps bag sandwiches with furloughed federal workers volunteering at a Martha's Table kitchen in Washington, D.C., on Monday. Hopes grew Monday for heading off a U.S. government default and ending a partial government shutdown after optimistic predictions from the often antagonistic congressional leaders at the centre of the talks — Senate Majority Leader Harry Reid for the Democrats and Senate Republican leader Mitch McConnell for the Republicans. The two men met twice Monday, their sessions sandwiched around a White House announcement that Obama was calling them and the party leaders in the House for the second time in less than a week to discuss the economy-threatening crises. The meeting was postponed indefinitely to give the two lawmakers more time to work. T.J. KIRKPATRICK-POOL/GETTY IMAGES

$5M Africa prize for accountability goes unclaimed

Study. Mo Ibrahim Foundation finds 32 countries have seen a decline in safety and the rule of law

Accountability on the African continent did not have a good 48 hours. On Sunday, the African Union said an international court should delay its trial of Kenya's president. And on Monday, the Mo Ibrahim Foundation declined to give its annual good governance award — and $5 million US prize — to any former African leader, saying none had earned it.

A new study released by the foundation on Monday found that 32 countries on the continent have seen a decline in safety and the rule of law since the year 2000, as violence inside borders rises.

Mo Ibrahim, a British mobile phone magnate who was born in Sudan, said his foundation should not lower its standards in order to present the award every year. Some of the more than 50 countries in Africa are still ruled by men who stay in office for decades. Others are accused of backing deadly wars or committing war crimes. THE ASSOCIATED PRESS

The Hague

Kenya's President Uhuru Kenyatta, centre left, is due in The Hague, Netherlands-based ICC next month, but there are growing indications that he will not go.

- Kenyatta and Deputy President William Ruto both face International Criminal Court charges for allegedly helping to orchestrate 2007-08 post-election violence.
- In a summit of African leaders on Sunday, the African Union said it would petition the UN Security Council to have Kenyatta's case deferred.

Thailand

Rihanna's tweets lead to arrest of bar owner

Thai authorities have arrested a bar owner in connection with a lewd sex show mentioned in racy tweets by pop star Rihanna during her recent trip to Thailand, officials said Monday, two weeks after an Instagram photo of Rihanna with a protected primate led to the arrest of two other men.

Officials on the island of Phuket, 680 kilometres south of Bangkok, said Monday the bar owner faced charges of obscenity and operating an entertainment venue without a permit. Local district chief Weera Kerdsirimongkon said the man was arrested Saturday as part of a crackdown on shows featuring naked dancers. He could face up to one month's imprisonment and a fine of $1,900 US. THE ASSOCIATED PRESS

Nobel. Three Americans share economics prize

Three Americans won the Nobel prize for economics on Monday for developing methods to study trends in stock, bond and house prices — work that has changed the way people invest.

Eugene Fama showed in the 1960s how hard it is to predict markets in the short run, while Robert Shiller two decades later showed how it can be done in the long run. Lars Peter Hansen developed a statistical method to test theories of asset pricing.

For their separate research, the three economists shared the $1.2-million prize — the last of this year's Nobel awards to be announced.

"Their methods have shaped subsequent research in the field," the Royal Swedish Academy of Sciences said.

Fama, 74, and Hansen, 60, are associated with the University of Chicago. Shiller, 67, is a professor at Yale University. THE ASSOCIATED PRESS

Taylor. Former president fears transfer to U.K. jail

Former Liberian President Charles Taylor enjoys playing tennis with fellow inmates in The Hague and is worried about his personal safety once he is transferred to Britain to serve out his sentence for war crimes and crimes against humanity, according to new documents released by his lawyers.

Taylor has been on good behaviour since his transfer to The Hague seven years ago, though he has spoken his mind to prison officials to object to changes in his living conditions, according to the documents. He also has a reputation for paying "particular attention to his deportment and appearance."

Taylor, 65, was arrested and transferred to The Hague in 2006. He received a 50-year sentence last year for sponsoring atrocities committed by the Revolutionary United Front rebels in Sierra Leone.

THE ASSOCIATED PRESS

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Call and response. HTC follows Apple's lead with new fingerprint sensor

At your neighbourhood coffee shop, you can order your beverage in small, medium or large. Now, you can do that with phones, too.

HTC Corp. is introducing a larger version of its popular HTC One phone, becoming the latest phone maker to offer its flagship device in three sizes — and, of course, three prices.

The new HTC One Max has one feature unavailable on the smaller models: a fingerprint identification sensor similar to that on Apple's new iPhone 5S. It's an optional way to unlock a phone without using a four-digit passcode. Unlike Apple's version, however, the Max can be programmed to automatically open one of three favourite apps, depending on which finger is used.

HTC spokesman Tom Harlin said the company designed the Max with a fingerprint sensor to make the larger device easier to operate with one hand. Engineers also moved the power button to the side. On smaller models, it's on top of the phone, when held vertically. THE ASSOCIATED PRESS

The new HTC One Max phone will have one feature unavailable with the smaller models: a fingerprint identification sensor similar to that on Apple's new iPhone 5S. HTC CORP./THE ASSOCIATED PRESS

Canada looks to fill skilled labour gaps

Touchy topic. While employers recruit workers from Ireland, debate rages at home on how to fix the tradespeople shortage

The current shortage of skilled tradespeople in Western Canada is so dire that the B.C. Construction Association is returning to Ireland this month to hire 600 people, said the group's vice-president.

In fact, even if one-in-five students graduating from high school in B.C. during the next three years were to pursue a trade, there still wouldn't be enough workers to fill shortages in the province's construction industry, said Abigail Fulton.

Not everybody agrees with the recruitment drive, especially the province's labour leaders who argue employers can find skilled, unionized Canadian workers to fill immediate, vacant positions.

Yet, a consensus is developing that there will be a shortage of skilled workers in the coming decade, as proponents of the liquefied-natural-gas industry, hydro-electric projects and oil and gas pipelines push their proposals forward.

"There's lots of evidence to suggest we're not doing enough to train construction workers in skilled trades in British Columbia, and if even half these projects come through we're going to have a crisis unless we start now to deal with the problem," said Jim Sinclair, president of the BC Federation of Labour.

The provincial government's statistics indicate there will be more than one-million job openings over the next decade, and more than 153,000 of those will be among trades, transport, equipment operators and related occupations.

Retirements will be responsible for two-thirds of the vacancies, and new economic growth will be behind the remaining third, states the British Columbia Labour Market Outlook 2010-2020.

In the B.C. construction industry, about 30,500 jobs were expected to go unfilled by 2012, according to the association's own statistics. THE CANADIAN PRESS

Carpenter Daniel O'Sullivan, of Ireland, poses for a photograph in Vancouver, B.C., on Saturday. The current shortage of skilled tradespeople in Western Canada is so dire that the B.C. Construction Association is returning to Ireland this month to hire 600 people, said the group's vice-president. DARRYL DYCK/THE CANADIAN PRESS

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Research. Ford, U of M aim to jolt development of electric car batteries

Ford Motor Co. and the University of Michigan are opening a new battery research and manufacturing lab that they hope will speed the development of batteries for electric and hybrid cars.

The centre, on the university's campus in Ann Arbor, Mich., will bring together battery makers, car companies and researchers who will test new batteries for prototype vehicles.

Not buying it

1%

Electric cars have been slow sellers, making up less than one per cent of U.S. auto sales last year.

Ted Miller, who manages battery research at Ford, said the lab will be unique in the U.S. THE ASSOCIATED PRESS

Open letter

BlackBerry asks for loyalty amid restructuring

BlackBerry is appealing to its customers to stay with the troubled smartphone maker as it restructures.

In an open letter released Monday afternoon on Twitter, BlackBerry tells its "customers, partners and fans" that they can continue to count on the Waterloo, Ont.-based company. THE CANADIAN PRESS

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THE CHEEKY SIDE OF SCIENCE

SHE SAYS

Jessica Napier
metronews.ca

This week I learned something that is going to radically change the way you pose for photos. Are you ready for it? Make sure to work your angles ladies and gentlemen because the left side of your face is actually more attractive than the right.

While each one of us believes that we're a unique snowflake with different flattering (or not so flattering) facial features, research shows that we actually all look our best from a specific angle. A 2012 study published in the Experimental Brain Research science journal found that men and women perceive and rate the left side of the face to be more pleasant and visually appealing than the right. Now before you develop a complex about your hideous right cheek, I'll let you in on the science behind this quirky fact.

The left side of the face is more emotive, which means we express our emotions more intensely on the left compared to the right. Researchers argue that this facial asymmetry is theoretically the result of a left brain/right brain divide. The right side of the brain regulates our emotional thought and expression; and since each hemisphere controls the opposite side of the body, our emotions register more powerfully on one half of our face.

Still with me?

Essentially, the emotional right brain causes the left side of your face to appear more easy-to-read and consequently, more attractive. Unless of course that powerful emotion leaves you with a furrowed brow and red-eyes while sobbing, in which case you better hope no one is sitting to your left.

If you've ever sat for a graduation portrait or a professional headshot you'll recall the painful process of tilting your chin ever so slightly up and to the right, to achieve the most photogenic angle. And a quick survey of Instagram photos reveals that even the most casual snap-happy users have caught on to our preference for left-sided selfies.

Even before the days of smartphone cameras (or any type of cameras for that matter) artists preferred to paint portraits this way as subjects who were painted in left-cheek poses we perceived to be more open and creative and yes, more beautiful. The famous Mona Lisa of course has her best cheek forward.

So next time you find yourself in front of a camera and insist that you be photographed from your "good side," you'll actually have some science to back up those high-maintenance demands.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

I'm going to go out on a limb

COURTESY A.MASOW DESIGN STUDIO

New way to climb a tree invented

The Tree in a House design provides the ultimate retreat from the hustle and bustle of city life.

"We were approached by a client who wanted a place to meditate and relax on the weekend," says designer Aibek Almasov of A.Masow Design Studio. He continues: "the cylindrical shape provides relaxing, 360-degree panoramic views." **METRO**

Four-storey glass house a sanctuary

The four-storey sanctuary in Almaty, Kazakhstan — prefabricated in a factory and delivered to the forest floor — will be constructed from glass and metal, with plasterboard inner dividing walls and wooden flooring. Indeed, living here is far from getting back to basics with the 'tree house' boasting a kitchen, bio toilet and even a shutter, should you want to keep any peeking critters at bay. **METRO**

Can't see the house through the trees. COURTESY A.MASOW DESIGN STUDIO

Cost

$381,000

is the cost of the project.

Height

12.7 m

or 42 feet, is the height of the building.

Worth Mentioning

Insect's last supper discovered ... 46 million years later

This insect drew blood in its last meal, was blown into a lake, belly still full. THE ASSOCIATED PRESS

In a steamy tropical forest 46 million years ago, a prehistoric mosquito bit a critter, drew blood and was blown into a lake in what is now the northwestern state of Montana. Belly full, she died and sank.

Flash forward to the present. Researchers found the minuscule female insect fossilized in a paper-thin piece of shale — which had sat in someone's basement for 25 to 30 years with other rocks — and concluded it still contains its last supper. A study in the Proceedings of the National Academy of Science reports a first for biology: A blood meal found intact in a fossil.

While the scenario sounds eerily similar to the Michael Crichton book and movie Jurassic Park, no new T. rexes will result.

Unfortunately for would-be dinosaur cloners, the mosquito flew long after dinosaurs went extinct, and its meal was probably blood from a dino descendant, a bird.

Scientists have long thought that DNA from other critters couldn't survive in insect fossils, said the study's lead author. So this is more of a look-what-we-found, that starts out like early chapters of the sci-fi thriller.

THE ASSOCIATED PRESS

Twitter

@metropicks asked: Google wants to attach your name, photo and product review to ads. Is this intrusive or innocuous?

@theaveragetwit: Will this be my big break at becoming a model? #google

@ShonaLiz: I already opted out. Same reason I quit facebook — too intrusive and to much work to always check to opt out

@cynthiabigrigg: As a blogger ALWAYS looking for exposure, I love this idea! But I appreciate that it can be opted out of, too.

@MA6hp: If google wants to use my name in an ad, they should have to pay me.

@MariapiaW: Beyond intrusive for me. Glad I was never really active on it.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

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DVD review

Pacific Rim

Director. Guillermo del Toro

Stars. Idris Elba, Charlie Hunnam, Rinko Kikuchi

●●●●○

Getting in touch with your inner 12-year-old, as Guillermo del Toro sincerely hopes you will via this robots versus monsters mash-up, has never been this big, loud or awesome. Even if you smirk at the plot conceit of mind-linked humans inside skyscraping robots fighting blockbuster sea beasts, the technical prowess on display can't help but impress. In mounting this tribute to the Japanese movie monsters he has adored since childhood — dino-sized Godzilla, of course, but also the likes of multi-headed Ghidorah, spiky Rodan and winged Mothra — del Toro and his team have laboured to make a complete sensory experience. Through the welcome presence of Rinko Kikuchi, del Toro has also taken pains to put an intelligent and resourceful woman into his testosterone-rich scenario. Robots, monsters and gender equality, too? Pacific Rim is more than just a blockheaded blockbuster. PETER HOWELL

Fifty Shades of speculation

Charming. Powerful. Controlling. Fit. Who will take over the role of Christian Grey, now that Sons of Anarchy star Charlie Hunnam has quit Fifty Shades due to "scheduling difficulties"? The moviemakers, including author E.L. James, have the benefit of being able to look to social media for suggestions. And the leading favourites are:

METRO WORLD NEWS

Alexander Skarsgard

The True Blood star has the right look, what with his sexy vampire eyes. Says Kerry Gooderson on Twitter: "Haven't even read Fifty Shades but if Alexander Skarsgard was in it I might be persuaded to see it!"

Ian Somerhalder

Another bloodsucker, this time from Vampire Diaries. Says Monique Black on Twitter: "Please please please pick Ian Somerhalder to replace Charlie Hunnam in 50 Shades Of Grey movie!! #happygirlseverywhere"

Matt Bomer

The openly gay star of White Collar gets a vote, too. Says Ashleigh on Twitter: "sorry but literally THE only thing that would make me remotely interested in the 50 Shades film would be Matt Bomer"

Taylor Kinney

Lady Gaga's boyfriend stars on Chicago Fire. Says Shirley Rodriguez on Twitter: "Just heard @TaylorKinney111 has been nominated to be #CHRISTAINGREY #50shades. So estatic to hear this! Perfect match"

Robert Pattinson

American Psycho author Bret Easton Ellis claimed that "E.L. James and I were at Rob Pattinson's house when she admitted Rob was first choice for Christian." Now's his chance! (Ellis, by the way, votes for porn star James Deen.)

Ryan Gosling

Not gonna happen, ever, sorry ladies. Just teasing — we thought you liked that. Now… more importantly… who's gonna replace Dakota Johnson?

The X-Files. Still looking for the truth, 20 years on

After 20 years, it's possible for the details of a relationship to get fuzzy.

Just ask David Duchovny and Gillian Anderson, who first premiered their roles as FBI agents Fox Mulder and Dana Scully on The X-Files two decades ago. The series aired nine seasons and resulted in two feature films.

While the two were unsure where they left their relationship in the show and films, the 53-year-old Duchovny and 45-year-old Anderson both said they're open to making a third X-Files movie.

The actors got together Saturday to mark the 20th anniversary of the series' premiere. They participated in a panel discussion for fans at The Paley Center for Media in New York.

When asked where their characters left off, the two weren't completely clear on the specifics.

"Well they (Mulder and Scully) were married the last movie," Duchovny said, referring to 2008's The X-Files: I Want to Believe.

"Were we actually married?" Anderson asked.

"I believe so. That was my impression," he responded.

Their characters did become romantically involved in the TV series and were a couple during the 2008 movie. However, it was not clear whether they were married.

Both actors are clear, however, about their interest in another X-Files film. "All the principals are on board," including X-Files creator Chris Carter, Duchovny said. "Gillian and I want to do it, so it's really up to Twentieth Century Fox at this point." THE ASSOCIATED PRESS

David Duchovny and Gillian Anderson are up for another X-Files flick. THE ASSOCIATED PRESS

Box office

Gravity eclipses Captain Phillips

Gravity won't be held down. The Warner Bros. astronaut adventure starring Sandra Bullock and George Clooney landed in the top spot at the box office for the second weekend in a row. Gravity earned $44.3 million, raising its domestic total to $123.4 million. Sony's Captain Phillips launched in second place with $26 million. And the animated Sony movie Cloudy with a Chance of Meatballs 2 gobbled up third place with $14.2 million in its third weekend, bringing its domestic haul to $78 million. THE ASSOCIATED PRESS

Tom Hanks never misses the boat — even when it stinks

Captain Phillips.
Actor endured some cramped and smelly situations filming in an enclosed lifeboat

NED EHRBAR
Metro World News in Hollywood

Captain Phillips opened on Thanksgiving weekend. CONTRIBUTED

Tom Hanks has faced plenty of acting challenges over the course of his career, but the tiny, enclosed lifeboat used in Captain Phillips definitely stands out for him.

"I'm not a particularly claustrophobic person, but it was a very small space," he says. "Environmentally, it does a lot of the work for you. It's a very uncomfortable space. It smells horrible. The air is bad. It's hot. And you are right on top of each other. There's a lot of places to bonk our head and crack your knee. We all did that. Everybody had all sorts of various scars."

Hanks stars in the film as the titular Captain Phillips, whose cargo ship was famously hijacked by Somali pirates in 2009, and he insists those less-than-ideal working conditions are actually a huge help. "(Director) Paul (Greengrass) sets up an environment that is very realistic, and I can't imagine doing it any other way," Hanks says.

"There's ways that may have been more pleasant but for everything we needed to go through as actors, that tiny, hot, cramped place with only two little windows on it was a great advantage for us."

The film's crew did try their best to make the cramped environment at least a little more tolerable, but to no avail.

"At one point, they built rubber seats for some of the fight scenes," Hanks remembers, but "literally the rubber seats flapped around. So, we said, 'Guys, we don't think rubber seats are going to work.' So they took those out. We had a little bit of matting on the steel deck of the floor. But, by and large, it's a tiny space and it got pretty physical in there sometimes. We all got nicks and bruises."

But really — and Hanks can't stress this enough — the smell in the replica lifeboat was truly terrible.

"It stank horribly. It was stuffy and small," he says.

"But the actual lifeboat smells even worse because it reeks of diesel fumes, and we had some vomit in there at some point. That's always fun. It was really filthy by the time we got out of there."

While Hanks has racked up plenty of heroic roles — with many based on true stories — he regrets to report that very little of that heroism has rubbed off.

"I'm just a guy who's got a pretty good gig pretending to be other people," he says.

"'Hero' is almost like a branded term now. It's bandied about all the time. People get labelled it left and right. In the end, heroes are ones who voluntarily walk into the unknown and try to do the right thing. It's all relative. Everybody has variations of it. Sometimes it's death-defying and sometimes it's just living up to one's responsibility."

But then, how can Hanks get away with thinking of himself as a hero when even the guy he's playing this time out won't accept the label.

"Richard Phillips doesn't view himself a hero. He was a guy who sat there and waited for the heroes to show up, which is different," Hanks says.

"We all have times in our lives where we can either be a hero, a villain or a coward and I just hope that I'm a coward as little as possible, and hopefully never a villain and on the occasions when I have to be, I would hope to be able to do the heroic thing, but I've never been tested in any way, shape or form — other than facing down members of the fourth estate."

Playing the hero

"I'm just a guy who's got a pretty good gig pretending to be other people."
Tom Hanks reflecting on his past roles

I ran for the late-night ghost stories I'll tell my kids around the campfire.

I ran for the look in my mom's eyes when I tell her she's going to be a grandma.

Thank you for all the future moments you've helped create.

I ran for the Sunday crosswords my mother and I will finish together. In pen.

I ran for the hand-picked roses I'll give my wife on our 50th anniversary.

I ran for the ladybugs I'll chase with my kids.

I ran for the joyful day my daughter's daughter will be born.

Thank you to everyone who participated, donated, volunteered and cheered at this year's Canadian Breast Cancer Foundation CIBC Run for the Cure. For over 20 years we've been running for a future without breast cancer, and today we're another step closer.

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Justin Bieber ALL IMAGES GETTY

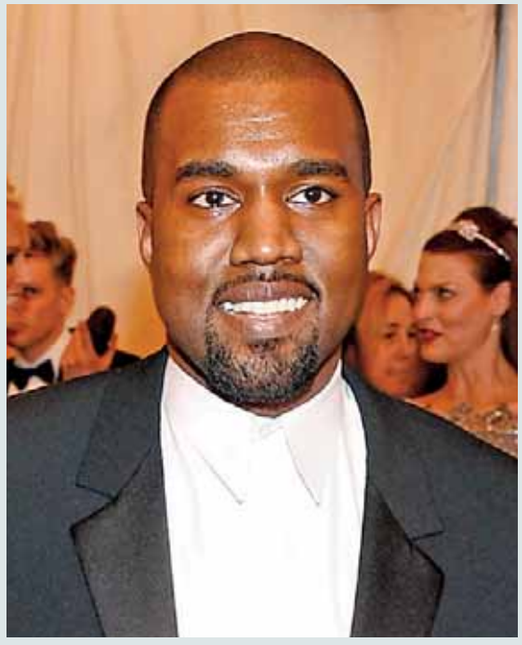
Bieber plays tough guy behind his security

Justin Bieber can't seem to keep himself out of trouble. The Canadian pop star reportedly started a fight in a nightclub in Seoul, South Korea, by sucker-punching Alex Madden, the tour manager of DJ Michael Woods, according to E! News. "Story is (Bieber) and his army of heavy security muscled into the booth halfway through my set in South Korea demanding hip-hop," Woods posted to Twitter following the altercation. "So when I told (Bieber) to f--- off and put some clothes on he took a cheap shot at my tour manager and fled behind a wall of security." Witnesses report seeing a shirtless Bieber acting "aggressive" with Woods and Madden before ordering one of his security guards to slap Madden. When the guard refused to obey, Bieber reportedly punched Madden in the face and quickly fled behind his bodyguards.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Kanye keen to wed Kim... I wouldn't rush in if I were him

STARGAZING
Malene Arpe
scene@metronews.ca

Kanye West has reportedly been begging Kim Kardashian to get married, but she's in no hurry. Well, Kanye can take comfort in knowing that once they're finally married, she'll be in a hurry to get a divorce.

Alan Thicke says he thinks his son Robin and his son's wife Paula Patton are poised to become the new Brangelina if they'd only "adopt a few Ethiopian kids." Coincidentally, a majority of people think Alan Thicke could be the height of class if he'd only adopt the habit of not saying stupid bleep.

Beyoncé is releasing a 2014 calendar. It has three months: Beyoncéptember, Beyonovember and Beyoncébruary.

The producer of Dexter blames Showtime for not allowing the writers to let Dexter die in the finale. Everybody needs to calm down about this. How else would Showtime's new sitcom Brody & Dex: Fun-Loving Fugitive Lumberjacks Perhaps Hiding in Canada work?

Ben Affleck and Justin Timberlake's Runner Runner bombs. The two performers will deal with the psychological scars as soon as they dig themselves out from under their money, Grammys, Emmys, Golden Globes and Oscars.

Justin Bieber releases his new song, Heartbreaker. It's about A) Selena Gomez. B) Pants. C) People who photograph him while he's smoking weed. D) His abandoned monkey. E) Not knowing where Homeland's Brody is hiding. F) The new Sochi hockey jerseys.

Halle Berry and Oliver Martinez have a brand-new son. They'll start fighting over custody just as soon as they get home from the hospital.

Elisha Dacey

Half Off: Live healthy as a default

Six weeks ago we introduced Metro Winnipeg editor Elisha Dacey, who has teamed up with fitness professional Jordan Cieciwa and registered nutritionist Theresa Albert. Dacey wants to lose half of her body weight and has been writing about it in her online blog, Half Off (metronews.ca/half-off/).

It's been a tough couple of weeks for Dacey — moving and getting settled in a new house, gallbladder surgery in September — so you won't be surprised to learn that her weight's been roller coastering (she gained and then lost several pounds over a few weeks). The good news: Dacey is back on track and focusing on her weight loss goal.

"I'm getting there!" she says.

Coaches Cieciwa and Albert understand it's challenging when life throws a curve ball, but point out that making healthy living a habit makes it way easier to manage.

"Learning to maintain healthy habits through stressful times is critical to long-term weight loss and maintenance — and to managing stress and feeling good every day," said Cieciwa.

Many dieters give in to stress.

"But you only get to do this when you are healthy and at a goal weight, and not before. If every stressful week lands you in that mindset, you will never get there," says Albert.

YLVA VAN BUUREN/FOR METRO

Baby bumps and knocked-up diets

Interview. Hilaria Baldwin speaks to Metro about her new fitness DVD and how she lost weight after having her daughter

ROMINA McGUINNESS
life@metronews.ca

As she launches her new Prenatal Yoga DVD, Fit Mommy-To-Be Hilaria Baldwin talks to us about her shrinking tummy and post-baby runs.

Hilaria Baldwin lets moms-to-be in on some fitness secrets. CONTRIBUTED

Many women assume you need to wait at least six weeks after giving birth before they start exercising again. You waited, what, two weeks?
Fitness is something I've done ever since I could walk — I exercised almost every single day of my pregnancy. I walked, did yoga, ballet barre and up until the fifth month, jogged. I wanted to keep circulation in my body and never got swollen feet, ankles or legs. I obviously gained weight, but nothing extreme. There was some fat — as there should be — but I ate well.

What kind of yoga were you doing?
Think about what's going to prepare your body for delivery: you need a strong pelvic floor and you want the baby to travel further downwards. I did a lot of squatting, open twists and hip openers — helping everything release and go down.

Were you on some special knocked-up diet?
It's a diet, but it's not dieting. I ate the stuff I was eating before, just more quantity. So a lot of healthy whole grains, because folic acid is great for the baby's brain development, vegetables, a lot of almonds and walnuts and I added fish to my diet — I'm normally a vegan. I wasn't chowing down on doughnuts. A lot of people were like, 'This is your time to eat sugar!' I didn't want to do that. It wasn't healthy for me or for my baby. It's not a vanity contest.

What, so no cravings?
I think of cravings as, 'I must have this or I'm going to kill somebody.' I never had that. At the beginning I really wanted pineapple and citrus because I was nauseous. It was, 'What can I eat that's not going to make me sick?' And I was a happy pregnant person.

You gave birth and two weeks later, your stomach was pretty much flat! I saw a picture on Twitter.
It's the most bizarre thing. My husband (who has a cameo in the video) and I would laugh because every day we'd wake up and it had shrunk — it was literally going down day by day. At first I was like, 'Oh my God, it's going to be six months and I'm still going to look pregnant!' A lot of it is breast feeding — this is something I didn't know: it burns a lot of calories.

Up to 500 a day, I think
That's what I heard. It stimulates contractions in your uterus that help it return to its normal size. If I'm frank with you, it was the most painful part of my entire pregnancy. But at the same time, I'm looking down at my baby and she's so cute and she's starving. But I enjoy it now.

What advice would you give those new moms who are reluctant to exercise?
If you go little by little, you're always in control; you're not going to get hurt. Be smart, but don't be afraid. Your body is still your body. In the hospital, I started walking up and down the corridors, stretching my ankles and promoting circulation in my arms and legs. The day I got home, my husband and I went for a walk. I was surprised by how tired I was. ... It's hard! You've lost a tremendous amount of blood and you're light headed, but everyday I just felt better and better to the point where I had the guts to do more. I started by giving myself full, very slow yoga classes and by the two-week mark I went to a ballet barre class. After three weeks I went for a jog. My daughter was born five weeks ago today and at this point, I'm doing everything. Did I feel as strong as before? No. But my body told me I was OK and I could go.

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In every issue of Best Health, we have a section called Community Centre, where our readers can send in their healthy living tips. Many of our readers share their homemade beauty secrets. Here are just a few:

Tip #1
"For a relaxing head massage plus scalp and hair treatment, combine a few tablespoons of almond or grapeseed oil with a few drops of lavender and peppermint essential oils. Massage the mixture into scalp in a firm, circular motion. Pull hands through hair to distribute the rest."

Tip #2
"For dry winter skin, mix a 1/2 cup olive oil with a 1/4 cup brown sugar. Gently rub the mixture onto face and legs, concentrating on the extra-dry parts. Then step into a hot shower and let the steam open up your pores for about five minutes, then rinse. It leaves skin silky smooth."

Tip #3
"Coconut oil is a natural hair conditioning treatment. Work it into damp hair at night, then rinse in the morning. Follow up with your usual shampoo and conditioner. It's super-moisturizing and great for sun-bleached hair."

Tip #4
"Use a lemon to scrub under your nails when washing your hands. This will help clean your hands and will also whiten the nails so they look and feel better."

Tip #5
"Deep clean your face once or twice a month by steaming it over a mint- or camomile-infused pot of hot water. Drape a towel over your head and let the steam do its magic."

Tip #6
"To revive dull hair, once a month wash your hair in a mixture of two parts shampoo and one part baking soda. This removes hair-product buildup and leaves hair shiny."

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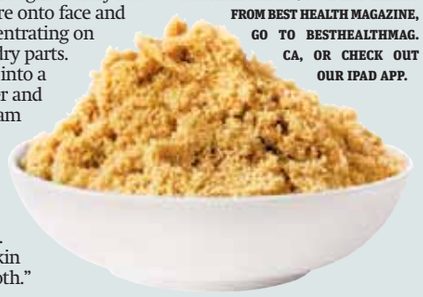

What's scarier than a ghost? Anal glands and wood pulp

Trick or treat.
Halloween candy can have some terrifying ingredients. Here are five to watch out for

ANDREA PARK
Metro World News

Halloween is right around the corner, but it's not just the costumes that are scary. Halloween candy can be full of frightening ingredients that may have long-term consequences for your children's health.

These ingredients are derived from anything ranging from beavers' anal secretions to wood pulp. Vani Hari, food activist and blogger, told Metro to be careful when letting your kids dig into their Halloween loot. Instead of focusing on the nutrition facts, look closely at the ingredients label for the following red flags.

1. Trans fat
Watch out for trans fat in candy and don't be fooled if the packaging boasts, "Zero grams trans fat!" Hari said that if the candy has less than 0.5 grams trans fat, the company is allowed to write zero grams trans fat on the label. But even in such small quantities, Hari said trans fat can be harmful. "Even a small amount of partially hydrogenated oil is linked to heart disease," said Hari. "It hits the arteries hard."

Halloween candy has hidden dangers. ISTOCK

2. Food colouring
Yellow 5, Yellow 6, Blue 1, Blue 2 and Red 40 are all common ingredients in candies like gummy bears, Sour Patch Kids, Twizzlers and Skittles. The Center for Science in the Public Interest in the U.S. released a study linking these additives to hyperactivity, cancer and allergies.

3. High fructose corn syrup
High fructose corn syrup is the most refined sugar available, and Hari pointed out that it is also genetically engineered. She added that the long-term risks of GMOs are still very much unknown.

4. Vanillin
Vanillin is made from wood pulp that is oxidized in a lab — and may be carcinogenic.

5. Natural flavours
"These can be anything under the sun that comes from nature, including beavers' anal glands," said Hari. Flavour manufacturers are not required to disclose what makes up these "natural flavors."

Unfortunately, most common brand name Halloween candies have at least one of the above ingredients. Hari said the lesser evil is plain chocolate, but brands like Endangered Species, Yummy Earth, Justin's and Unreal Candy offer tasty, sweet alternative options.

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After all that turkey, go green with an easy Chopped Salad

Ingredients

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- 2 tbsp (25 ml) red wine vinegar
- 1/4 cup (50 ml) olive oil
- 1/4 tsp (1 ml) salt
- 1/4 tsp (1 ml) black pepper
- 1 tub (142 g) PC Organics Baby Romaine, roughly chopped
- 1 small head radicchio, roughly chopped
- Half small head iceberg lettuce, roughly chopped
- 2 cups (500 ml) rinsed and drained canned chickpeas
- 1 inner stalk celery, roughly chopped
- Half small red onion, thinly sliced
- 1 cup (250 ml) cherry tomatoes, cut in quarters
- 1/2 cup (125 ml) pitted green olives, cut in slivers
- 1/2 cup (125 ml) diced sweet red pepper
- 1/2 cup (125 ml) crumbled feta cheese

This recipe serves 12. PRESIDENT'S CHOICE

Want an easy way to contribute to a large family get-together that's healthier than grabbing some frozen apps?

Try this Chopped Salad, which is made in two simple steps and uses a great combo of veggies.

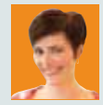
1. In a large bowl, whisk together the garlic mayonnaise and red wine vinegar. Whisk in olive oil, salt and pepper.

2. Add romaine, radicchio, iceberg lettuce, chickpeas, celery, red onion, cherry tomatoes, green olives, red pepper and feta cheese. Toss to coat.

PRESIDENT'S CHOICE

Health Solutions

Pear it up



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Fall harvest is the sweetest time of the year and nothing is sweeter than a fresh pear.

The skins of pears contain three to four times as much phytonutrients as the flesh, but go ahead, eat the whole thing.

Here are a few savoury ways to work all that goodness into yum beyond the usual sweet snack:

- Toss whole, cored but unpeeled pears into butternut squash soup.
- Halve, core and grill pears. Top with blue cheese and pecans and place atop a bed of greens.
- Mash a very ripe pear in a blender with 1/4 cup extra virgin olive oil, 2 tbsp apple cider vinegar plus 1 tsp hot mustard. Use this as a salad dressing or fish drizzle.
- Add a couple of pears, skin on, to roasted root vegetables. They will soften and sweeten the dish.
- Chop pears into cooked whole grain pasta with cooked bacon or pancetta. Toss with extra virgin olive oil, pepper and parmesan cheese.

Any time you think apple, stretch a bit and go pear. You won't regret it.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

And here's your moment of Zen

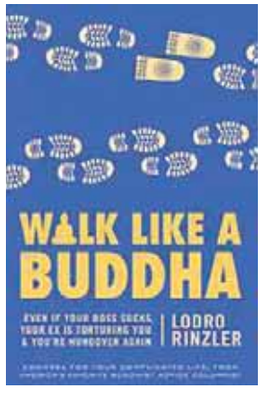
Meditative moments. The author of Walk Like a Buddha describes how a sense of being present can improve your relationships, social life and work

MAJA LUNDAGER PEDERSEN
Metro World News in New York City

Take a posture that's dignified but relaxed: Sit up straight, and feel grounded as you sense your weight pressing into the floor.

Now connect with your breath. Tune into the rhythmic cycle of your breathing and let that breath centre you in the present moment. When you get distracted, say "thinking" to yourself and come back to the breath. You are now ready to start walking like a Buddha.

Lodro Rinzler, the author of a new book called Walk Like a Buddha, has been practising Buddhism since he was 11, and says his book is a compilation of questions people have asked him about his faith.



"The Buddha walks with a sense of being present with what is," Rinzler says. "And that's what the book communicates. How much can we show up and manifest and be there for our life? Even when our boss is yelling at us, even when we are making love, even when we are out with friends on a Friday night."

The questions revolve around five points: How to get a meditation practice going, and how to apply that practice to your romantic life, your social activities, your charitable endeavours and your work. Rinzler said he looked for "common themes" when choosing which questions to feature.

Author Lodro Rinzler says if you start taking even 10 minutes to meditate, you'll notice a gradual change in yourself. ISTOCK

One statement the author was particularly struck by was, "I don't feel worthy of being loved." He says that based on his experience, that feeling most often originates with something underlying — that the person has been told he or she is not good enough, smart enough, pretty enough and so on. Rinzler feels that it's a general issue in North America, but that meditation can help.

"We all possess the same seed for waking up, becoming in mind like the Buddha. He was not so special. We could do that too. We could have faith in a basic goodness or a basic worthiness," Rinzler says.

The author thinks it's worth a try to see if meditation can change something for you. If it doesn't, though, that's OK too.

"More often than not, if you actually do sit down (and take) even just 10 minutes to meditate, you start to notice a gradual change in yourself," he says.

"You start to notice that you are being more present when you are having a conversation with someone. You are less reactive. And that feels liberating."

It helped him a lot, especially when his father became ill. Through meditation he realized that the most powerful thing he could do was to just be present for his father instead of constantly trying to talk to all the doctors and fix all situations.

"The question is, do we always have to try to manipulate and control our situation? And the answer is no."

Electronic outages such as an Internet shutdown could wreak havoc on financial transactions, which is why it's important to keep a hard-copy backup of important information. ISTOCK

Mad at Rogers? Here's what the cell outage can teach us

Blackout blues. Getting cash, paying bills and trading stocks can all be interrupted when electronic systems fail

YOUR MONEY
Alison Griffiths
money@metronews.ca

Oct. 9, 2013 will go down as the day the world went dark — at least for Rogers wireless customers. OK, maybe that's a bit melodramatic. After all, what are a few hours without cell service?

But as my mother would say darkly, "It's the thin edge of the wedge."

Take the Rogers outage as a warning that electronic systems, from ATMs to email, can fail. And when they do, the repercussions are annoying at the very least, but in some cases, they're potentially significant.

An Internet shutdown could delay bill payments, triggering penalties or interest charges. Without e-banking, you might not be able to complete a time-sensitive transfer of funds.

And what would happen to last-minute types who couldn't make an RRSP contribution in time?

I kissed thousands of dollars goodbye during the stock market Flash Crash of 2010 when the Dow Jones plummeted about 1,000 points.

I was in Washington, D.C., and dashed to my computer to buy shares of favourites such as Johnson & Johnson, but couldn't remember my trading password. Gmail had seized up, so I couldn't get into Drive, where the information was stored in encrypted form.

Down the drain

I kissed thousands of dollars goodbye during the stock market Flash Crash of 2010, when the Dow Jones plummeted about 1,000 points.

Then, of course, there was the famous blackout of 2003 when the simplest activities from getting cash to gas were impossible. So a word to the wise — be prepared.

Back up critical numbers
Roadside assistance and other important numbers should be in written form and carried with you.

Schedule payments
Have a hard-copy schedule of bills due, phone contacts and personal ID information.

Keep a cache of cash
Have enough for a household to manage for about a week, including gas and groceries.

Back up personal info
Cloud computing makes it easy to relegate data to the cyber sphere. Ensure there's a hard copy available.

Create a backup plan
The day after the Rogers outage, a parent told me that his nine-year-old son was panicked when no one picked him up after hockey practice. Because his cellphone wasn't working he couldn't contact anyone.

Also, he had no cash, no idea how to use a pay phone or how to ask for help. Drill children on what to do in case of a cyber crash. It might be as important these days as a fire drill.

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*Based on $12,200 fixed rate loan at 8% per annum with a 26 month amortization. Savings example is calculated by consolidating credit card balances of $3200 @ 19% per annum with monthly payment of $150/month, and $1000 @ 25% per annum with monthly payment of $100 and loan of $8000 with 3 year term @ 9% per annum with monthly payment of $265/month. The interest rate is subject to change at any time without notice. The rate is used for illustrative purposes. Personal Lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

Red Wings' Monster scares up win in place of Howard

NHL. Gustavsson stops 28 shots in season debut to beat Bruins 3-2

Jonas Gustavsson didn't have a lot of time to plan for his first action of the season.

Gustavsson didn't find out until nearly game time that Detroit's No. 1 goaltender Jimmy Howard was going to be sidelined with a catching-hand injury. Then the backup stopped 28 shots and led the Red Wings to a 3-2 win over the Boston Bruins on Monday afternoon.

"Maybe 15, 20 minutes before the game started," Gustavsson said, sitting at his locker taking his equipment off in a nearly empty dressing room following the win. "It felt good. I was excited to play. It's always fun to go out and have your first game, especially when we have a chance to win."

And the Red Wings (4-2) had to hang on right until the last second to get their second straight victory.

Milan Lucic's 100th career goal sliced it to 3-2 with 1:20 to play. With Bruins netminder Tuukka Rask pulled for an extra skater, Boston had the puck in Detroit's zone for nearly all of the final 80 seconds.

Stephen Weiss and Daniel Cleary scored second-period goals for the Wings. Henrik Zetterberg had the other score.

Loui Eriksson had Boston's other goal. The Bruins had a two-man power-play advantage for nearly two minutes early in the third period, but couldn't mount a comeback.

"It looks like we're feeling the pressure of not scoring goals," Boston coach Claude Julien said. "Our goal-scoring confidence is not where we need it to be and we've got to get that straightened out."

Rask made 24 saves for Boston (3-2).

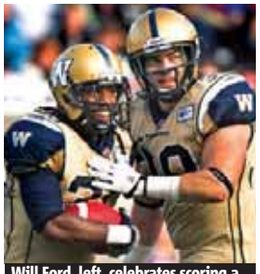
THE ASSOCIATED PRESS

Howard's hand injury

Detroit goalie Jimmy Howard doesn't think he'll be able to play in the next game at home against Columbus on Tuesday night.

- "Doubtful," he said. "We're really just going to have to wait and see. Hopefully it'll heal fast."

Red Wings goalie Jonas Gustavsson and defenceman Jonathan Ericsson protect the goal against the Bruins' Reilly Smith in Boston on Monday afternoon. ELISE AMENDOLA/THE ASSOCIATED PRESS



Will Ford, left, celebrates scoring a touchdown with teammate Michel-Pierre Pontbriand. THE CANADIAN PRESS

Blue Bombers keep hope alive

The odds still weigh heavily against them, but the Winnipeg Blue Bombers' playoff hopes are not dead yet.

Max Hall picked up his first CFL win as a starting quarterback and Will Ford caught a touchdown pass and ran in another as the Bombers staved off elimination with a 34-27 victory over the Montreal Alouettes on Monday afternoon.

Winnipeg's second win in Montreal in 2013 gave them the three-game season series between the clubs by a 2-1 margin, but they will need to win their final three regular-season games and have the Alouettes lose their last three to grab the final East Division playoff spot.

"So you're telling me there's a chance, right?" said Hall. "So we've just got to keep playing. All we can control is winning next week (at home Saturday against Toronto) and, if we can do that, we'll still have a chance."

Clarence Denmark and backup quarterback Jason Boltus also had TDs for Winnipeg.

THE CANADIAN PRESS

Ticats sink Argos

Dan LeFevour ran for two TDs while C.J. Gable rushed for one as the Hamilton Tiger-Cats held on to beat the Toronto Argonauts 24-18 on Monday to sweep their home-and-home series.

Drug testing

WADA set to audit Jamaican agency

The world's anti-doping authority is launching an "extraordinary" audit of Jamaica's drug-testing agency following allegations that its policing of the island's sprinting superstars led by Usain Bolt all but collapsed in the months before they dazzled at the London Games, The Associated Press has learned.

The World Anti-Doping Agency's probe follows data the former executive director of the Jamaica Anti-Doping Commission revealed to the Caribbean's oldest newspaper indicating a near complete breakdown in JADCO's out-of-competition testing from January 2012 to the July opening of the Olympics.

THE ASSOCIATED PRESS

NFL

Bills sign QB Flynn

The Buffalo Bills signed free-agent quarterback Matt Flynn on Monday in their latest bid to shore up an injury-depleted position.

Coach Doug Marrone said Flynn could serve as the backup to interim starter Thad Lewis against Miami Sunday.

THE ASSOCIATED PRESS

MLB

Machado's knee surgery a success

Orioles third baseman Manny Machado underwent surgery to repair a torn ligament in his left knee on Monday.

The procedure included an arthroscopy and open reconstruction of the medial patellar femoral ligament. THE ASSOCIATED PRESS

Manny Machado GETTY IMAGES FILE

4 SPORTS

Verlander looks to tip the scales after weekend split

MLB playoffs. Red Sox escape with comeback win Sunday to tie series after conceding 32 strikeouts to Tigers

Justin Verlander smiles to media at Comerica Park before practice in Detroit on Monday. PAUL SANCYA/THE ASSOCIATED PRESS

The last time Justin Verlander took the mound, his team's season was on the line.

The stakes won't be quite that high for his next start, but the Detroit Tigers could certainly use another brilliant performance from their star right-hander after blowing a chance to take control of the AL championship series.

Detroit wasted a five-run lead Sunday night in Game 2, allowing the Boston Red Sox to even the series with a 6-5 victory. David Ortiz's tying grand slam in the eighth inning snapped the Red Sox out of a hitting funk, and if Boston goes on to win the pennant, there may be little doubt about the turning point in this series.

Verlander's job is to steady the defending AL champion Tigers.

"Obviously that was a tough one," Verlander said. "At the same time you know this series is going to be a dogfight ..."

The Tigers looked like they were ready to roll through the series after they won the opener and took a 5-0 lead in Game 2. Anibal Sanchez held Boston hitless for six innings on Saturday, and Max Scherzer allowed a run and two hits in seven innings Sunday.

Boston trailed 5-1 in the eighth in Game 2 before a remarkable rally against four relievers. Ortiz tied it with a two-out grand slam.

"I made a mistake that I take full responsibility for," Tigers manager Jim Leyland said. "I should have just reminded him that we didn't want Ortiz to really beat us. He tried to make a great pitch. He tried to get it low and away out of the strike zone, but he didn't get it there."

Boston managed to win one of two at home despite striking out 32 times — eight more than the previous record for the first two games of an LCS, set by the Dodgers a day earlier. The Red Sox are hopeful their bats will come around, starting against Verlander in Game 3 at Comerica Park on Tuesday.

THE ASSOCIATED PRESS

Post-season comebacks

- **1929.** Tigers fans can take solace in the fact that Detroit's meltdown was nothing compared to what happened in the 1929 World Series. The Chicago Cubs led 8-0 in Game 4 before Philadelphia scored 10 runs in the bottom of the seventh. The Athletics won 10-8 and closed out the series a game later.
- **1992.** In Game 7 of the NLCS, Atlanta trailed Pittsburgh 2-0 in the 9th before winning the pennant. The Pirates were up by a run with two out when Francisco Cabrera — who had only 11 plate appearances during the season — hit a two-run single. The winning run was scored by slow-footed Sid Bream.
- **1993.** No lead seemed safe against the 1993 Blue Jays, thanks to an offence that included Rickey Henderson, Roberto Alomar, Paul Molitor, Joe Carter and John Olerud. The Jays wiped out a five-run deficit in the 8th of Game 4 of the World Series, beating Philadelphia 15-14.

Sao Paulo riots

Brazil soccer fans rip apart World Cup stadium

Another wave of fan violence hit Brazil over the weekend, with seats destroyed at a World Cup stadium in Fortaleza and dozens of supporters detained after clashes in Sao Paulo.

World Cup organizers on Monday said that more than 80 seats were destroyed at the Arena Castelao on Sunday by Fortaleza fans upset with the team missing out on promotion to the second division. A day earlier, more than 30 seats were damaged by fans of second-division club Ceara following a disappointing draw at the venue. The stadium will host six matches in next year's World Cup.

Police also confronted fan groups inside two other stadiums, including where Brazilian league leader Cruzeiro played on Sunday.

Several teams have been punished by Brazil's sports tribunal this year because of fan violence, and more penalties are expected after the weekend.

THE ASSOCIATED PRESS

Canadian soccer. Veteran coach Floro to change the course of national team

Far from home, Canadian soccer is getting a reboot under Benito Floro.

Long, demanding classroom sessions. Detailed video reviews.

"One camp is equivalent to three months of club football," said veteran midfielder Julian de Guzman, who captained Canada last time out.

Floro, 61, brings with him a wealth of experience, having managed clubs from Real Madrid in Spain to Monterrey in Mexico. He's trying to instill that knowledge in a Canadian squad that has seen little success of late.

Floro says he needs a lot more time with his Canadian talent, especially since a lot of the young Canadians in MLS are not starting.

"We need a lot of camps," he said in a media conference call Monday.

Floro's teachings also take time to absorb.

"The experience that we're going through with Benito is kind of a culture shock right now," said De Guzman.

"It's a new kind of mentality and culture to comprehend," he added.

De Guzman says it reminds him of when he first went to play in Spain at the age of 24 after playing in Germany.

"It was night and day," he said. "So it's going to take time for the Canadian national team and Canadians to understand where he's coming from."

The veteran Spanish coach will see his team in action Tuesday when Canada, ranked No. 106 in the world, takes on No. 53 Australia at Craven Cottage, the west London home to Fulham.

Team Canada manager Benito Floro
THE CANADIAN PRESS FILE

THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Toronto	6	5	1	0	23	15	10
Detroit	6	4	2	0	16	15	8
Boston	5	3	2	0	12	8	6
Montreal	5	3	2	0	17	10	6
Tampa Bay	5	3	2	0	18	14	6
Ottawa	5	1	2	2	11	16	4
Florida	6	2	4	0	13	24	4
Buffalo	6	0	5	1	6	16	1

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	5	4	1	0	20	13	8
Carolina	6	2	2	2	13	18	6
NY Islanders	5	2	2	1	16	13	5
Columbus	4	2	2	0	11	10	4
New Jersey	6	0	3	3	11	21	3
NY Rangers	5	1	4	0	9	25	2
Washington	5	1	4	0	13	20	2
Philadelphia	6	1	5	0	8	17	2

Monday's results
Detroit 3 Boston 2
Edmonton at Washington
Minnesota at Buffalo
Sunday's results
Phoenix 5 Carolina 3
Los Angeles 3 Florida 0
Winnipeg 3 New Jersey 0
Anaheim 4 Ottawa 1
Tuesday's games — All Times Eastern
Minnesota at Toronto, 7 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	5	5	0	0	18	4	10
St. Louis	4	4	0	0	19	7	8
Chicago	5	3	1	1	15	13	7
Minnesota	5	2	1	2	14	12	6
Winnipeg	6	3	3	0	17	16	6
Dallas	4	2	2	0	9	11	4
Nashville	5	2	3	0	9	15	4

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	5	5	0	0	24	7	10
Anaheim	5	4	1	0	18	12	8
Calgary	5	3	0	2	18	17	8
Phoenix	6	4	2	0	17	17	8
Los Angeles	6	4	2	0	16	14	8
Vancouver	6	3	3	0	17	20	6
Edmonton	5	1	3	1	17	25	3

Note: Two points for a win, one point for overtime loss.

Chicago at Carolina, 7 p.m.
Vancouver at Philadelphia, 7 p.m.
Edmonton at Pittsburgh, 7 p.m.
Buffalo at NY Islanders, 7 p.m.
Los Angeles at Tampa Bay, 7:30 p.m.
Florida at Nashville, 8 p.m.
Montreal at Winnipeg, 8 p.m.
Columbus at Detroit, 8 p.m.
San Jose at St. Louis, 8 p.m.
Dallas at Colorado, 9 p.m.
Ottawa at Phoenix, 10 p.m.

MLB PLAYOFFS

ALCS

BOSTON VS. DETROIT

(Series tied 1-1)
Sunday's result
Boston 6 Detroit 5
Tuesday's game — All Times Eastetrn
Boston (Lackey 10-13) at Detroit (Verlander 13-12), 4:07 p.m.
Wednesday's game
Boston (Peavy 12-5) at Detroit (Fister 14-9), 8:07 p.m.
Thursday's game
Boston (Lester 15-8) at Detroit (Sanchez 14-8), 8:07 p.m.

NLCS

ST. LOUIS VS. L.A. DODGERS

(St. Louis leads series 2-0)
Monday's result
St. Louis at L.A. Dodgers
Saturday's result
St. Louis 1 L.A. Dodgers 0
Tuesday's game
St. Louis (Lynn 15-10) at L.A. Dodgers (Nolasco 13-11), 8:07 p.m.
Wednesday's game
x-St. Louis (Kelly 10-5) at L.A. Dodgers (Greinke 15-4), 4:07 p.m.
Friday's game
x-L.A. Dodgers (Kershaw 16-9) at St. Louis (Wacha 4-1), 8:37 p.m.

CFL

WEEK 16

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
x-Toronto	15	9	6	0	425	394	18
x-Hamilton	15	8	7	0	384	401	16
Montreal	15	6	9	0	376	419	12
Winnipeg	15	3	12	0	313	486	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
x-Calgary	15	12	3	0	486	349	24
x-Saskatchewan	15	10	5	0	433	325	20
x-B.C.	15	9	6	0	421	390	18
Edmonton	15	3	12	0	349	423	6

Monday's results
Winnipeg 34 Montreal 27
Hamilton 24 Toronto 18
Friday's game — All Times Eastern
Calgary at Edmonton, 9 p.m.

MLS

EASTERN CONFERENCE

	W	L	T	GF	GA	Pts
New York	15	9	8	50	39	53
Kansas City	15	10	7	44	29	52
Houston	13	10	9	39	37	48
Montreal	13	11	7	48	46	46
Chicago	13	12	7	44	47	46
Philadelphia	12	10	10	40	40	46
New England	12	11	9	45	36	45
Columbus	12	15	5	40	42	41
Toronto FC	5	16	11	29	46	26
D.C. United	3	22	7	21	56	16

WESTERN CONFERENCE

	W	L	T	GF	GA	Pts
Portland	13	5	14	49	33	53
Real Salt Lake	15	10	7	55	40	52
Seattle	15	11	6	41	39	51
Los Angeles	14	11	6	51	37	48
Colorado	13	10	9	42	33	48
San Jose	13	11	8	33	41	47
Vancouver	12	11	9	48	42	45
FC Dallas	10	11	11	45	50	41
Chivas USA	6	18	8	29	60	26

Sunday's result
Portland 1 Seattle 0
Wednesday's game — All Times Eastern
Montreal at Los Angeles, 10:30 p.m.
Friday's game
D.C. United at Kansas City, 8 p.m.

Horoscopes

♈ Aries
March 21 - April 20
Some of the things you have to do today may seem dull but there are ways to make them more interesting. There is no such thing as a boring job. It's as exciting as you make it.

♉ Taurus
April 21 - May 21
There is a genuine chance that one of your most cherished dreams will come true by the end of the week. Be super positive about it and don't listen to those who tell you not to get your hopes too high.

♊ Gemini
May 22 - June 21
You will find it easier to understand why some people act the way they do but you won't find it easier to forgive them. You demand certain standards so others need to shape up or ship out.

♋ Cancer
June 22 - July 23
You may have to make a sacrifice today but it will be worth it. Do what others expect of you and, if possible, with a smile on your face. Make life easy for others and for yourself.

♌ Leo
July 24 - Aug. 23
Life may be a serious business but you don't have to be a grouch about it. The planets urge you to focus on the funny side of whatever annoying situation you find yourself in.

♍ Virgo
Aug. 24 - Sept. 23
Mars, planet of energy, moves into your sign today, so you will be pushing yourself even harder than you usually do. That's great but be warned that if you try to do too much too soon, it could all go wrong.

♎ Libra
Sept. 24 - Oct. 23
Why are you looking over your shoulder? Most likely it's the influence of Mars in the most sensitive area of your chart. Ignore it and go about your business.

♏ Scorpio
Oct. 24 - Nov. 22
You can expect amazing times in the days and weeks ahead. You may not want to do anything specific yet but start making plans. Get your friends involved. The more you share, the more you will succeed.

♐ Sagittarius
Nov. 23 - Dec. 21
The movement of Mars across the most ambitious angle of your chart today will help you to believe that all things are possible. However, you must have a clear vision of what it is you want to achieve.

♑ Capricorn
Dec. 22 - Jan. 20
What currently seems difficult is about to come easy. It may even appear to happen as if by magic. The more positive an attitude you adopt, the more fantastic the results will be.

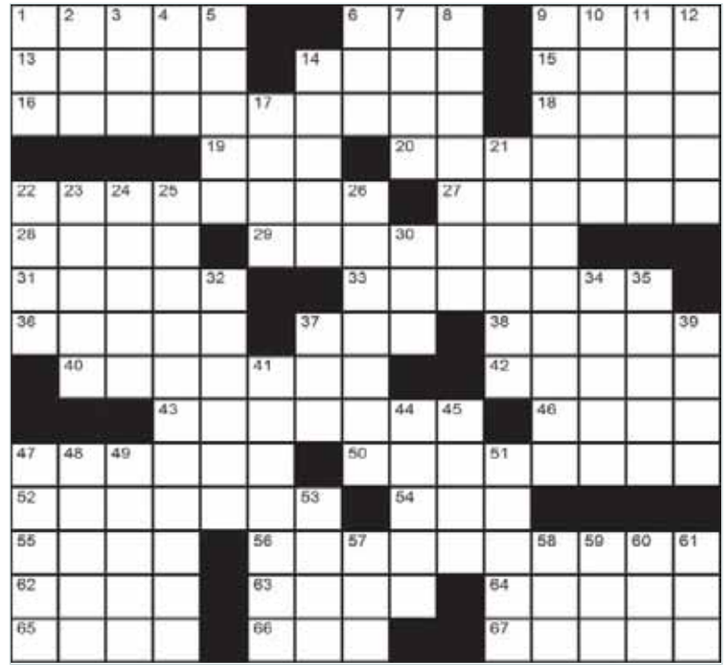
♒ Aquarius
Jan. 21 - Feb. 19
It's not like you to fear what you don't understand but that seems to be the case right now. How do you overcome it? By finding out as much about it as you possibly can.

♓ Pisces
Feb. 20 - March 20
As Mars moves into your opposite sign, you will find some people rub you the wrong way and it could lead to a few bad words between you. Even a Pisces gets snappish once in a while. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

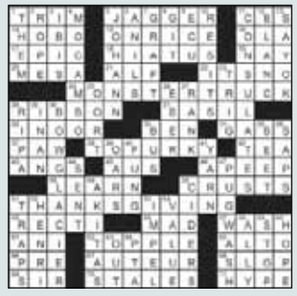
BY KELLY ANN BUCHANAN



Across
1. News station on "The Mary Tyler Moore Show"
6. Dictionary abbr.
9. Shut down
13. Eagle's nest [var. sp.]
14. Sacred Buddhist peak
15. Bright fish
16. Mercedes-Benzes: 2 wds.
18. 'Motor' suffix
19. Buck's partner
20. In a dangerous manner
22. __ Son, as in The Bible
27. In layers
28. River of England
29. Pained: 2 wds.
31. Supermodel Ms. Nemcova
33. Hostilities
36. Family of lambs
37. After-R trio
38. '60s song: "Shake _ __ Feather"
40. Gilda Radner character from SNL, Lisa __
42. Wild dog of Australia
43. Most tidy
46. Egg holders, for short
47. Actor Mr. Wood
50. Yukon: __ Trail National Historic Site of Canada
52. Labradorite = Feldspar __
54. "Am _ __ brother's keeper?"
55. __-Seltzer
56. Stories about Vikings, for example: 2 wds.
62. Valley variety
63. Mr. Wyle
64. The end.
65. Director Mr. Pollack, et al.
66. Classic TV Cousin
67. '50s group, Frankie __ & The Teenagers

Down
1. __-Mart
2. Game: French
3. Mystery man, __. _
4. Ancient war god
5. Rigoletto opera composer
6. Org. for US physicians
7. Author, Earl __ Biggers
8. Tourist
9. Duncan, BC's huge Douglas Fir created attraction: 2 wds.
10. Bit of "Send in the Clowns": "Are we _ __?"
11. Soup scooper
12. We'd opposite
14. Pacific place
17. Mr. Bear
21. Irish songstress
22. Bursts balloons
23. "The Fisher King" (1991) Oscar-winner Mercedes
24. Prefix with 'arthritis'
25. Item from her mom's fashion line that Beyonce is wearing in "Single Ladies": 2 wds.
26. French artist, Henri de Toulouse-__ (b.1864 - d.1901)
30. Wildebeest
32. Materialize
34. So much, in music
35. "__ _' the Times" by Prince
37. Fixed
39. Confused
41. NWT: __ National Park Reserve
44. __ kebab
45. Clock purpose
47. Online publications, e.g.
48. Canadian actress, Evangeline __
49. Signed, as a deal
51. Disinfectant brand
53. Swag
57. Rodent
58. "Judging __"
59. Ring rock
60. Back then
61. Francisco's friend?

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

7	1	9	6	2	3	8	4	5
2	5	3	8	1	4	7	9	6
8	6	4	5	7	9	1	2	3
6	4	5	1	3	8	9	7	2
3	9	7	2	4	5	6	8	1
1	8	2	9	6	7	5	3	4
4	2	1	7	9	6	3	5	8
5	7	6	3	8	2	4	1	9
9	3	8	4	5	1	2	6	7

3			2		7			
5	9						3	2
	1			3		7		
	4		5	7				6
		5				2		
8				4	2		1	
		8		2			4	
6	2						5	9
			9		3			8

Today
17°/13°
Variable
Wednesday
17°/9°
Rain
90%
Know what the weather will be 14 days from now.
Check the 14 day trend.
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October 1, 2013

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